



ADULT SCHEDULE

Puce Sports & Leisure Centre - www.pucerecentre.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Wii Fit Drop in Mondays 9am to 11am Free Room 1A | Revolution Sports Fitness Boot Camp ages 15 years and up Register Feb 27th at 10am Contact 890-2371 | Zumba with Joel Contact 250-0137 for details 6:30pm to 7:30pm gymnasium weekly | WALK "LIVE" walk to music & lose weight! Drop in: \$5.00 per session Contact Kathywillan@yahoo.ca 6:30 to 7:30pm/starts Jan 7th | | Revolution Sports Fitness Boot Camp ages 15 years and up Register Feb 27th at 10am Contact 890-2371 | Ball Room Dance Meringue & Rumba resumes January 17th 8 weeks-3pm to 4:30pm Cost: \$50 per person |
| Get in motion 50 and up! Fitness Program Mondays 1pm-6 weeks Feb 22nd to April 1st Contact 727-4141 for details | Taoist Society TAI CHI 1:00PM TO 2:30PM starts January 5th Contact 255-9744 to reg. | Belly Dance with Najla Bell Starts January 6th 7:00pm to 8:30pm Contact Kathy at 990-9072 7 week session \$90 | COMPUTER CLASSES FREE OF CHARGE SENIORS EVERY THURSDAY 1-3PM -BOARDROOM | | | YMCA PROGRAMS CONTACT 258-9622 |
| YOGA CLASSES evening session starts March 1st 7-8pm Vinyasa yoga with Trish Cost \$64 for 8 classes | ADRELINE FIT 5:30pm to 6:30pm resumes January 5th Contact Danielle at 790-8017 | Mixed Adult Volleyball League 7:30pm to 9:30pm Starts January 6th closed session | TAOIST SOCIETY TAI CHI 6:30pm - 8:00pm starts January 7th Room 1A 255-9744 for all inquiries | PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium | | PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium |
| PICKLE BALL! 10:00 am-12:00 am drop in - \$2.00 each Starts January 4th gymnasium | Men's Floor Hockey League 8pm to 9:00pm Starts January 5th | Get in motion 50 and up! Fitness Program Wednesdays 9am Feb 24th to April 1st Contact 727-4141 for details | Revolution Sports Fitness Boot Camp ages 15 years and up Register Feb 27th at 10am Contact 890-2371 | Lakeshore Academy of Fine Arts 519 - 819-3278 For program info www.lakeshoreacademy.ca | | |
| LINE DANCING! evening session Starts February 8th 7pm - 8:30pm Cost: 6 lessons @ \$35 resumes January 11th | WALK "LIVE" walk to music & lose weight! Drop in: \$5.00 per session Contact Kathywillan@yahoo.ca 6:30pm to 7:30pm/starts Jan 5th | Bridge 1pm to 4pm 55 & Better Club all ages welcomed Starts January 10th | Get in motion 50 and up! Fitness Program Thursdays - 10am - 6 weeks Available Mondays & Thurs. Call 727-4141 for details | ADRELINE FITNESS CLASS 5:30pm to 6:30pm resumes January 8th Contact Danielle at 790-8017 | GUITAR LESSONS ADULTS 30 AND OVER FREE OF CHARGE Thursday evenings 7pm - Boardroom | Jamboree Dreams Theme Party & Events Call 996-5922 |
| SCRABBLE 1PM - Room 1A bring your board! Free | Lakeshore's Dance Classes Global Embrace Adults 7-8pm Starts Jan 12th - 12 weeks | PHOTOGRAPHY COURSE COMING IN MARCH ADULT SESSION 6 week session-\$30 all cameras acceptable | 55 & Better Club Line Dancing! Starts January 21st 1:00pm-2:30pm Call to register 727-0470 | Get in motion 50 and up! Fitness Program Fridays 3pm Feb 26th to April 1st Contact 727-4141 for details | | |
| YMCA Adult Volleyball January 11th-March 8 8:30pm to 10:30pm Contact 258-9622 to reg. | Adult Computer classes Microsoft word/excel program 7pm to 8:30pm Starts January 12th 6 week program -Cost:\$60 | YMCA go to Windsor.Essex ymca.ca for all details on costing and registration | PICKLE BALL! 7:30-9:30pm drop in - \$2.00 each gymnasium new evening session | Wii Fit Drop in Fridays 10am to 11am Free Room 1A | Open Tuesdays -10am-8:30pm Societe Franco Ontarienne d'histoire et de geneologie pionniere1982@hotmail.com | |

new spring session starts week of April 12th

Services

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| Boardroom - space available for meetings @ \$25 per hour - Contact Recreation services |
| Societe Franco-Ontarienne - 10am to 8:30pm Tuesdays- Geneology Society |
| YMCA - Contact YMCA directly for all details and to register 519-258-9622 |
| Gift Certificates now available - applicable to rec. services programs - Call Rec Services |
| Lakeshore Handi Transit Bus - Available if transportation is required to attend 728-1435 |
| Senior's Interaction Room - now open - Contact 519-727-0470 for add. Details |
| Gym Rental - \$40 per hour -birthday parties, sport activity, seminars, expos etc |

Free * Free* Free

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| Indoor Walking Club Mon-Fri 9-11am Oct - April Meet new people & Get Fit * Free * |
| Seniors Computer Classes Thursdays 1-3pm-resumes Jan 14th Call 727-0470 to reg. |

Coming Soon Events and Programs

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| 55 and Better Club: |
| Wii Fit - Drop in Mondays and Fridays 9am to 11am - Free |
| Ongoing workshops & activities - see 55 & Better schedule of events |
| Feb 9th - Eating Well for Good Health Seminar - 10am to 11am - lunch included |
| Feb 12th - Valentine's Day Dance - 2-4pm - Music by Gord Ciliska |



Puce Sports and Leisure Centre
Supports - In Motion
 Lakeshore encourages all residents to keep active

